St. Catherine of Siena Parish follows Jesus by welcoming all, sharing our gifts, & giving glory to God.
**PARISH & SCHOOL STAFF**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fr. Anthony Huong Le</td>
<td><a href="mailto:dcnidianz@yahoo.com">dcnidianz@yahoo.com</a></td>
</tr>
<tr>
<td>Deacon David Holland</td>
<td><a href="mailto:dcdnholland@yahoo.com">dcdnholland@yahoo.com</a></td>
</tr>
<tr>
<td>Jessica Griswold, Principal</td>
<td><a href="mailto:jgriswold@csdo.org">jgriswold@csdo.org</a> 925-228-4140</td>
</tr>
<tr>
<td>Pre-School Director</td>
<td><a href="mailto:scpreschool@comcast.net">scpreschool@comcast.net</a></td>
</tr>
<tr>
<td>RCIA</td>
<td>Andria Watkins</td>
</tr>
<tr>
<td>Secretary</td>
<td>Sylvia Lloren</td>
</tr>
<tr>
<td>Michael Chio</td>
<td>dianpalmer</td>
</tr>
<tr>
<td>Director of Music Ministry</td>
<td><a href="mailto:stcathmtz@yahoo.com">stcathmtz@yahoo.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td><a href="mailto:stcathmtz@yahoo.com">stcathmtz@yahoo.com</a></td>
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<td></td>
<td><a href="mailto:stcathmtz@yahoo.com">stcathmtz@yahoo.com</a></td>
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<td></td>
<td><a href="mailto:stcathmtz@yahoo.com">stcathmtz@yahoo.com</a></td>
</tr>
</tbody>
</table>

**CHURCH LOCATION:** 606 Mellus Street, Martinez, CA

**PARISH OFFICE AND MAILING ADDRESS:**

Martinez, CA 94553-1720

**TELEPHONE / FAX:**

925-228-2230 / 925-228-1318

**PARISH WEBSITE:**

www.stcmtz.org

**PARISH EMAIL:**

stcathmtz@yahoo.com

**SUBMISSIONS:**

bulletinsubmissions@gmail.com

**OFFICE HOURS:**

Mon-Fri 8:30 AM-1PM & 2 PM-5 PM

**GRAMMAR SCHOOL:**

604 Mellus Street, Martinez, CA

**TELEPHONE / FAX:**

925-228-4140 / 925-228-0697

**SCHOOL WEBSITE:**

http://school.stcatherinemartinez.com/

**PRE SCHOOL:**

1125 Ferry Street, Martinez, CA

**TELEPHONE / FAX:**

925-229-2255 / 925-229-2474

**SAFE ENVIRONMENT:**

www.virtusonline.org

**BAPTISMS:** Registration is mandatory two months prior to Baptism. Parents & Godparents are required to attend a mandatory Baptism preparation class before reception of the Sacrament.

**MARRIAGES:** Arrangements and mandatory preparation need to be arranged at least eight months prior to the wedding.

**FUNERALS:** We recommend using Catholic Funeral and Cemetery Services at 925-932-0900. A representative will contact the parish office to coordinate your arrangements.

**BULLETIN SUBMISSIONS:** To place an announcement in the bulletin, email request to: bulletinsubmissions@gmail.com. The deadline for requests is no later than noon on Fridays one week prior to the date of the bulletin in which the announcement is requested to appear. Please submit requests in advance of the event date and the deadline. Submissions should be brief and will be edited and approved by parish clergy before being published. Allow ample time for the approval process. Every attempt will be made to include the submission when requested; though, not all submissions are guaranteed placement. Marketing flyers/announcements must have approval in the form of a signature from the Pastor, Principal, or Deacon before posting on the premises; and fundraisers must have the name of the designated beneficiary of the proceeds; as well as followed by a gratitude submission which includes the amount of profits raised. The kiosk bulletin board outside the hall is for the parish use for Diocesan, Parish, School, and group announcements.

**EARLY DEADLINES:** Closely watch early deadlines imposed by the publisher and plan ahead accordingly. Deadline for June 10 has passed. The next deadline for submissions for the weekend June 17 all items must be submitted by FRIDAY JUNE 8 by noon. Please direct your inquiries to the email above. Thank you.

**INTENTIONS FOR THE WEEK**

SAT 6/2

4:30 James Ruggeri †

SUN 6/3

7:00 Reynaldo Lejano †

8:30 Thomas & Eva Hernandez & family †

10:30 Int. Confirmandi, Class of 2018

12:30 Lydia Rodriguez †

MON 6/4

8:00 Kirk & Brydie Kukendall †

TUE 6/5

8:00 John Delchini †

WED 6/6

8:00 Int. School Children & Families

FRI 6/8

8:00 Int. Fr. Anthony—Birthday Blessing

SAT 6/9

8:00 Mary Jane Tabasco †

4:30 Toby & Felipe Trujillo Jr. †

SUN 6/10

7:00 St. Anthony †

8:30 Roland Bartolomei †

10:30 Linda Ruggeri †

12:30 Int. St. Catherine of Siena Parish & School

**ATTENTION! ATTENTION!**

Extraordinary Ministers of the Eucharistic to the Sick and Homebound and Care homes

Fr. Anthony and St. Catherine of Siena Parish are very grateful to all who minister to the sick and homebound in our parish. In order to encourage new ministers and to refresh existing ministers, there is a training session for both new and current ministers. Fr. Anthony wants a standardized training for all those in this ministry; creating a roster of those who are ministering and a roster of those who are being ministered to; so, he can also visit sick parishioners in their homes. All those who wish to become EMEs to the sick and homebound and all EMEs who are currently involved in this ministry need to attend this meeting if you didn’t attend last weekend. This includes all those who bring Communion to family members and those who serve as ministers to the sick on an occasional basis.

SAT JUN 9 @ 9 AM

St. Gabriel Room 210 in the Parish Center, 1125 Ferry Street

Attendance at this meeting is necessary to continue in this capacity in this ministry. If you have any questions, please call Deacon Dave @ 925-413-9240. Thank you.

**PARISH STEWARDSHIP**

May 27, 2018

<table>
<thead>
<tr>
<th>CONTRIBUTIONS</th>
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<td>Sunday Collection</td>
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</tr>
<tr>
<td>Bingo</td>
<td>630.00</td>
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<tr>
<td>Catholic Charities</td>
<td>1,194.00</td>
</tr>
<tr>
<td>Fulfilling the Promise</td>
<td>5.00</td>
</tr>
</tbody>
</table>

Thank you for your continued generosity!

REMEMBER ST. CATHERINE PARISH IN YOUR WILL & LIVING TRUST
Deacon’s Message
The Solemnity of the Most Holy Body & Blood of Christ
aka the Solemnity of Corpus Christi

The Solemnity of the Body and Blood of Christ is celebrated this year on June 3rd. This is a very important part of our faith. Each week we gather at Saint Catherine of Siena Church to participate in what is often referred to as “Mass.” During Mass, we listen as readings from the Bible are proclaimed to the community. We believe the Bible is Sacred Scripture and the Word of God. Therefore, when it is proclaimed at Mass it touches us and changes us to become closer to God. Also at Mass, bread and wine is brought from the congregation to the Altar for Consecration. During the Consecration, the priest takes that bread and wine, he blesses them, and he says the words Jesus used at the Last Supper in the upper room.

He takes the bread in his hands shows it to the community and says “TAKE THIS, ALL OF YOU AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.” In a similar way, taking the chalice filled with the fruit of the vine, He gave thanks, and gave the chalice to his disciples saying, “TAKE THIS ALL YOU AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE POURED OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.”

When the priest blesses the bread and wine and says these words, he is acting in the person of Jesus, the bread and wine BECOMES the Body and Blood of Christ. We believe this because it is taken directly from the Gospel. When Jesus was in the upper room at the Last Supper He inaugurated the Eucharist as a new covenant with His people. In the Old Testament when God made a covenant with the people there was an animal sacrifice. The body and blood of the animal was used to bind the covenant to the people and to God. In the upper room it is Jesus Himself who is the sacrifice. With His passion, crucifixion, death, and resurrection, it is the Body and Blood of Jesus, which is to bind the people to God and to the people forever. That is why we never have any more animal sacrifices, because with Jesus no other sacrifices are needed. The covenant of His Body and Blood is all we need. When Jesus said “DO THIS IN MEMORY OF ME” He is asking His disciples to continue this covenant of His Body and Blood. Every time there is Mass, the consecration takes place, Jesus through His divinity re-presents Himself as the covenant of His Body and Blood. The consecration at Mass is not just a symbol of what Jesus did in the upper room. It is Jesus Himself, who changes the bread and wine into His Body and Blood.

This happens at every Mass in every Catholic Church every day throughout the world. It is a miracle in our presence every day and is professed and believed by the Catholic Church. You might ask yourself why would Jesus do this? The answerer is love. Jesus loves us so much He was crucified for us, He died for us, and He rose from the dead for us, so as to open Heaven to humanity. Jesus wants us with Him forever in Heaven. He loves us so much He wants to be with us even before we are in Heaven. He allows us to receive His Body and His Blood at Mass to continually remain in His covenant. So, when Catholics are asked if they have allowed Jesus into their hearts, we can answer truthfully, “Yes!” and also into our stomach, veins, and every muscle and organ in our body.

When people receive the Body and Blood of Jesus, it tastes like bread and wine. This can cause confusion. So, why is it that the Body and Blood of Christ tastes like bread and wine and not like human flesh and blood? The answer is Transubstantiation. This is a big word to describe what has happened when the bread and wine changes into the Body and Blood of Christ. Here is what happens: the bread and wine which is the substance is changed into the Body and Blood of Christ, but the appearance and taste of the bread and wine is not changed. Transubstantiation is the word that describes the previous sentence; so, once you understand the word it saves you from having to say the sentence. So, why would God do this? Well, you can imagine how you would feel if it tasted like human flesh and blood. Most people would gag at the idea of eating human flesh and blood. So, God chooses to use the taste of bread and wine, simple staple foods, for us to receive the Body and Blood of Christ. The answer is still love. He wants us to receive Him lovingly and willingly and not to be scared of Him. Parents have no problem masking the taste of medicine for their sick children to take, so they will get better. Why would Jesus not do the same for us? Never doubt that you receive the Body and Blood of Christ at Mass. If you have any doubts read chapter 6 of the Gospel of John in the Bible. He tells his followers, “MY FLESH IS TRUE FOOD AND MY BLOOD IS TRUE DRINK. WHOEVER EATS MY FLESH AND DRINKS MY BLOOD REMAINS IN ME AND I IN HIM.” When most of His followers heard this they said, “Yuck! That’s cannibalism, we’re out of here.” Jesus allowed them to go. He was serious about His Body and Blood and He is still serious about His Body and Blood today.

Please join us after the 12:30 PM Mass on Sunday, June 3 at St. Catherine of Siena Church as we take Jesus into the streets of Martinez. There will be a procession of the Body and Blood of Christ from St. Catherine of Siena Church to Our Lady of the Immigrant Polish Catholic Church. All are welcome.

GOD BLESS YOU,
Deacon Dave Holland
On this solemnity we focus our attention on the Body and Blood of Christ. We listen to the story of the renewal of the old covenant, which Moses sealed by splashing the blood of animals on the altar of sacrifice, as well as on the people. Jesus, whose blood is the blood of the new covenant, shed that precious blood on the cross, saving us from sin and promising us everlasting life. Blood is the life source that courses through our bodies. The precious blood of Christ is the life source for our spirits. Today may we, like the psalmist, offer a sacrifice of thanksgiving to the Lord, whose Body and Blood strengthen us to bring the Good News to everyone we meet.

—Rev. James Field, Copyright © J. S. Paluch Co.
Mary Pult, St. Catherine of Siena School Interim Principal is today’s featured Saint Among Us. Mrs. Pult was asked to fill-in for Principal Pam Seto beginning October 30, 2017. She willingly accepted this assignment, though, it turned out to be longer than the anticipated temporary coverage; and, lasted for the remainder of the school year. One of her final acts together with Fr. Anthony, they have announced that next year Saint Catherine School will have a multi-age classroom of fourth and fifth graders. The common core reading and language arts standards are most closely aligned for these grades. Math, science, and religion can easily be integrated into a combined curriculum; and social studies will remain separately taught. We thank her for her time and experience in leading our students, staff and teachers to the completion of this academic year. Until we meet again, God bless you, Mrs. Mary Pult.

ST. CATHERINE OF SIENA SCHOOL
PREKINDERGARTEN THROUGH 8TH GRADE
WE ARE ACCEPTING APPLICATIONS FOR NEW STUDENTS APPLYING FOR THE 2018-2019 SCHOOL YEAR
WE ARE IN THE PROCESS OF ASSESSING INCOMING KIN- DERGARTNERS & ALL NEW STUDENTS. PLEASE TURN IN YOUR APPLICATIONS AS SOON AS POSSIBLE.
QUESTIONS? CALL THE SCHOOL OFFICE @ 228-4140

Join us on the Solemnity of Corpus Christi
The Body & Blood of Christ—Sunday, June 3
beginning with a multi-lingual (Spanish/Polish/English) Mass @ 12:30 PM at St. Catherine of Siena Catholic Church
followed by a procession of the Blessed Sacrament through the streets of Martinez to Our Lady of the Immigrants Polish Catholic Church at 909 Mellus Street
FIRST HOLY COMMUNICANTS ARE INVITED TO WEAR THEIR COMMUNION ATTIRE IN THIS PROCESSION

It’s the start that stops most people. —Anonymous

The Communications Committee had depleted its supply of faith sharing articles? Won’t you consider submitting one?

HOW TO SUBMIT AN ARTICLE FOR FAITH SHARING:
Consider sharing with us your faith journey, your walk with Our Lord. How has He worked in you for the good of others? Articles should be between 300-500 words, your own testimonial to your Catholic faith, and submitted with a portrait to FaithSharingSCS@gmail.com. By making a personal submission to the bulletin, you agree to having your words edited, printed, and shared by the Parish and Communications Committee and agree to a photo release of your image. Consider this, please.

HOW TO SUBMIT A QUESTION: Whether young or young-er, do you have a question about the mechanics of the Mass, the traditions, the Catechism of the Catholic Church, or its teachings? Submit your questions to bulletinsubmissions@gmail.com and insert “Q&A” in the subject line. Questions will be answered by members of the clergy and/or those with knowledge of the subject inquiry.

HOW TO SUBMIT AN ENTRY FOR SAINTS AMONG US:
Did you catch someone or group doing something good? Helping our neighbors in need! Acts of faith in and around our parish and school? Please let us know about it by emailing bulletinsubmissions@gmail.com and insert “Saints Among Us” in the subject line.
LITURGY SCHEDULE

SATURDAY: 7:30 AM and 4:30 PM
SUNDAY: 7:00 AM
8:30 AM Children’s Liturgy of the Word
10:30 AM
12:30 PM Spanish

WEEKDAYS: 8:00 AM

HOLY DAYS
*Note: Thursday is a Communion Service

WEEKDAYS:
SUNDAY
SATURDAY
12:30 PM Spanish
10:30 AM
8:30 AM Children’s Liturgy of the Word

PC = Parish Center
PCL: Parish Center Library
PH = Parish Hall
YD = School Yard
YS: Youth Shack

MINISTRIES/ORGANIZATIONS CONTACTS

Altar Servers
Jack Watkins……………………………….. 925-957-0437
Art and Environment
Beth Churchill…………………………….. 925-200-6300
Bingo
Don Brocca………………………………. 925-858-7330
Catholic Youth Organization - CYO
Gina Marks……………………………….. 925-817-9429
Children’s Liturgy of the Word
Debbie Frieberg………………………… 925-212-7465
Communications
Eugene Dixon…………………………… 925-370-8143
Extraordinary Ministers of Holy Communion
Viviana & Marty Magee…………………. 925-228-6460
Faith Formation - Religious Education (PreK-8th Grades)
Andrea Watkins……………………….. 925-228-2230
Finance Co-Chairs
Don Brocca & Dennis Koller…………….. 925-228-2230
Grief Ministry
Mary Cook……………………………….. 925-229-2665
Guadalupe Society
Guadalupe Cruz…………………………. 925-997-2432
Hospital/Sick/Homebound
Tom Greerty/Legion of Mary…………….. 925-228-4387
Italian Catholic Federation - ICF
Tom Cook………………………………… 925-229-2665
Knights of Columbus - K of C
Sean Carroll…………………………….. 925-595-6263
La Communidad Latina
Lucia Cruz………………………………… 925-348-2620
Lectors
Deacon Albert Dizon……………………. 925-370-8143
Legion of Mary
Bobby Kiefer…………………………….. 925-658-1442
Loaves & Fishes
Denice Silva……………………………… 925-372-0740
Maintenance
Mary Help of Christians - MHC
Margaret Flores………………………… 925-812-1279
Pastoral Advisory Council
Karen Glen………………………………. 925-788-7716 & 925-370-7997
Respect Life
Fr. Anthony Huong Le………………….. 925-228-2230
Rite of Christian Initiation for Adults - RCIA
Fr. Anthony Huong Le………………….. 925-228-2230
Safe Environment for Children Project - SECP
Andrea Watkins……………………….. Ext 30 925-228-2230
SECP: No More Secrets - Survivor Outreach
Andrea Watkins……………………….. Ext 30 925-228-2230
Safe Environment for Children Project - SECP
Fr. Anthony Huong Le………………….. 925-228-2230
Respect Life
Karen Glen……………………………… 925-788-7716 & Karen Sandri……… 925-370-7997
San Lorenzo Ruiz Community - SLRC
Esther Concepcion……………………... 925-381-1835
Social Awareness
Anne Crisp………………………………. 925-356-8822
Spark (young adult group ages 18 years to 35 years)
Rosemary Cook………………………… 925-229-2665
Stewardship
Karen Glen……………………………… 925-788-7716 & Mark Poyadue… 925-324-1261
Sociedade Portuguesa Rainha Santa Isabel - SPRSI
Annette Liberty………………………… 925-228-8428
St. Vincent de Paul Society - SVdP
Karen Glen ……………………………… 925-788-7716

WEEK-AT-A-GLANCE

Week-at-a-glance dates, times, and locations are taken from the web site calendar: www.stcmtz.org. If further clarification is needed, please contact the parish office at 925.228-2230 extension 0

Sunday, 6/3
Most Holy Body & Blood of Christ
Feast of Corpus Christi
8:00 AM PH Hospitality—Host Needed
3:45 PM PCL Confirmation Prep Class
6:00 PM PCL Youth Group

Monday, 6/4
St. Francis of Assisi, pray for us.
7:30 AM CH Recitation of the Rosary
8:00 AM CH Morning Mass @ new time.
10:30 AM CH SCS Student Leadership Inductions

Tuesday, 6/5
St. Boniface, pray for us.
7:30 AM CH Recitation of the Rosary
8:00 AM CH Morning Mass @ new time.
5:00 PM CH Church Choir Workshop
6:00 PM CH Choir Rehearsal
7:00 PM PH YLI Meeting

Wednesday, 6/6
St. Norbert, pray for us.
7:30 AM CH Recitation of the Rosary
8:00 AM CH Morning Mass
6:30 PM PCL Legion of Mary Meeting
7:00 AM PC 210 Baptism Class—English
7:30 AM CH Choir Rehearsal

Thursday, 6/7
St. Willibald, pray for us.
7:30 AM CH Recitation of the Rosary
8:00 AM CH Communion Service @ new time.
9:00 AM CH SCS School Prayer Service
7:00 PM PCL Pastoral Council Meeting
7:00 PM CH Lectors Meeting
7:00 PM PC 210 Baptist Class—Spanish

Friday, 6/8
Solemnity of the Most Scared Heart of Jesus. St. William of York, pray for us.
7:30 AM CH Recitation of the Rosary
8:00 AM CH Morning Mass @ new time.
10:00 AM CH Memorial Service
12:00 PM CH Adoration
5:00 PM CH Benediction

Saturday, 6/9
Immaculate Heart the Blessed Mary
St. Ephrem, pray for us.
7:30 AM CH Recitation of the Rosary
8:00 AM CH Morning Mass @ new time.
9:00 AM PC 210 EME to the Sick & Homebound mtg
9:30 AM PCL SVdP Food Distribution
3:00 PM CH Reconciliation
5:30 PM PH Olive Wood Handcrafts Available
6:30 PM PH Early Bird BINGO
7:00 PM PH BINGO

Sunday, 6/10
10th Sunday in Ordinary Time
7:00 AM PH Olive Wood Handcrafts Available
8:00 AM PH Hospitality—Choir Hosts
CH = Church
RC = Rectory
SC = School
PH = Parish Hall
YD = School Yard
YS: Youth Shack
PC = Parish Center
PCL: Parish Center Library
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Space is limited.

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Space is limited.
It's pleasant to enjoy the affection of neighbors, friends, and assorted relatives. But some forms of love go beyond congenial, all the way to profound. Take the love between two people that compels them to vow a lifelong bond. How about the devotion of parents for their children that makes no sacrifice seem too great, no burden too much to bear? Men and women alike pledge their lives to the Church, and many others dedicate themselves to serving the common good by means of their professions. To whom or to what do you say: "Take it, this is my life!"

Today's readings: Exodus 24:3-8; Hebrews 9:11-15; Mark 14:12-16, 22-26 (168). "He took bread, said the blessing, broke it, gave it to them, and said, 'Take it; this is My body.'"

MON, JUNE 4, 2018: Is that you?

"That's me," one 10-year-old insists to another as they watch an action movie, choosing to be the character who is the most powerful, the most beautiful, or even the goofiest. A good storyteller knows that listeners need to identify with the characters. Their interest is fuelled by the power of the protagonist and the interest they feel for him.

Today's readings: 2 Peter 1:2-7; Mark 12:1-12 (353). "They were seeking to arrest Him . . . for they realized that He had addressed the parable to them."

TUE, JUNE 5, 2018: MEMORIAL OF BONIFACE, BISHOP, MARTYR A gospel for hungry hearts and minds

As Christians we've not always done evangelization well. Saint Boniface (c. 680-754), a Benedictine monk and bishop, had a mixed history in this regard. There are stories about him literally trampling the religious traditions of other cultures but also about him embracing the customs of people and inviting them to see their own lives in light of the gospel. What's your take on evangelization? Hammer or gospel in hand? Consider the words of the U.S. bishops in their statement Go and Make Disciples: "Evangelization happens when the word of Jesus speaks to people's hearts and minds. Needing no trickery or manipulation, evangelization can happen only when people accept the gospel freely, as the 'good news' it is meant to be, because of the power of the gospel message and the accompanying grace of God."

Today's readings: 2 Peter 3:12-15a, 17-18; Mark 12:13-17 (354). "Grow in grace and in the knowledge of our Lord . . ."

WEA, JUNE 6, 2018: MEMORIAL OF NORBERT, BISHOP Encounters of the third kind

Did you know there are members of Catholic religious orders who are laypeople? Some of them belong to what are called third, or tertiary, orders, and most major religious orders include them. Members are men and women who do not necessarily live in community but nonetheless participate in the good works of the larger order to which they belong. Saint Norbert was one of the first Church figures to initiate a third order. He prepared a set of religious practices that those in secular life could follow. If you feel yourself drawn to a religious lifestyle despite being firmly anchored in a secular life, explore the possibilities third orders offer.

Today's readings: 2 Timothy 1:13, 6-12; Mark 12:18-27 (355). "He is not God of the dead but of the living."

THU, JUNE 7, 2018: Work on your sainthood

Lots of saints walked the earth who haven’t yet claimed a date on the Church calendar. Even if they never do, that doesn’t take away from their brilliant witness. Consider Anna Dengal, who graduated from medical school in England in 1919. Convinced that her skills could be better used in India, she became the only doctor serving 10,000 sick and dying women and children. Realizing she could “love her neighbor” better with a little help, she established the Medical Mission Sisters. Their goal remains “to be a healing presence at the heart of a wounded world.” Share the mission: Visit the sick.


"To love your neighbor as yourself is worth more than all burnt offerings and sacrifices."

FRI, JUNE 8, 2018: SOLEMNITY OF THE MOST SACRED HEART OF JESUS The heart of the matter

If you were raised in a Catholic home, you probably have a memory of a statue or picture of the Sacred Heart of Jesus. You may have looked at it a thousand times without really “seeing” it. Take a moment today to recollect the image as vividly as possible. Recall that the heart is the symbol for, among other things, love, charity, understanding, compassion, and courage. Remember that it is a key organ in the human body, connecting the spiritual with the material, the mind with the body, the intellect with emotions. Then reflect on the ways that the love of Jesus has sustained you every day of your life.

Today's readings: Hosea 11:1, 3-4, 8c-9; Ephesians 3:8-12, 14-19; John 19:31-37 (171). "One soldier thrust his lance into His side, and immediately blood and water flowed out."

SAT, JUNE 9, 2018: MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY Love with no strings

What would it be like to have an “immaculate heart”? Might it be to have a heart that loved unconditionally? When we are honest about it, much of what we call “love” is actually a sort of quid pro quo, this-for-that exchange of affection. We love those who love us in return, who treat us well, who respect us. There’s nothing wrong with that, but can we open our hearts a bit more to embrace those who do not return our love in equal measure? Can we go so far as to love our enemies? A tall order for any of us, but a worthy striving for—an immaculate heart that loves unconditionally, as a mother loves her child, Mary loved her son. Practice loving without conditions. When you pray today, ask for an immaculate heart.


"His mother kept all these things in her heart."

SUNDAY, JUNE 10, 2018: TENTH SUNDAY IN ORDINARY TIME Why we hide

A psychologist explained something fascinating about shame: No one can put it inside us without our consent. Shame doesn’t enter from the outside but responds from the inside. Those seeking to embarrass us are frustrated if we refuse their attempt to impart shame with the slap of a hand or a word. If we accept shame, it’s because deep down we’re already carrying it.

So Adam, guilty of disloyalty to God, is shamed by his newfound nakedness. Yet Jesus, insulted, beaten, stripped, and humiliated, remained clothed in honor at the cross. Got shame? We’ve got a sacrament for that. Today's readings: Genesis 3:9-15; 2 Corinthians 4:3-5:1; Mark 3:20-35 (89). "I heard you in the garden, but I was afraid, because I was naked, so I hid myself."